

**PCT**WORLD INTELLECTUAL PROPERTY ORGANIZATION  
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## INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification <sup>6</sup> : <b>A61K 35/00</b>		(11) International Publication Number: <b>WO 98/40086</b> (43) International Publication Date: 17 September 1998 (17.09.98)
(21) International Application Number: <b>PCT/GB98/00708</b> (22) International Filing Date: 10 March 1998 (10.03.98)  (30) Priority Data: 9704904.3 10 March 1997 (10.03.97) GB		(81) Designated States: AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GE, GH, GM, GW, HU, ID, IL, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, ML, MR, NE, SN, TD, TG).
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(54) Title: <b>ESSENTIAL OIL COMPOSITION</b>		
(57) Abstract <p>The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.</p>		

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## ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy.

The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century.

The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do no possess the same therapeutic properties.

### Essential Oils

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil.

It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

### Extraction of the Oils

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

### The Properties and Uses of Essential Oils

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Instituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy.

Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.

The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and a cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals. Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used. Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savoury, niaouli, red thyme, rosemary, rose  
geranium, tagestes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus,  
caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and  
horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

### CHINESE HERBS

#### Herbs and Their Properties

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

## ESSENTIAL OILS

Aniseed	Pine
Basil	Red Myrtle
Benzoin	Rescue Remedy
Bergamot	Rose Geranium
Black Pepper	Rosemary
Camphor	Sandlewood
Carrot	Spanish Marjoram
Cedarwood	Sweet Marjoram
Chamomile German	Sweet Thyme
Chamomile Maroc	Tagestes
Chamomile Roman	Tea Tree
Cinnamon Leaf	Thyme Red
Clove Buds	Thyme Sweet
Cypress	Ylang Ylang
Dill	
Eucalyptus Globulus	
Fatigue	
Fennel	
Frankincense	
Ginger	
Grand Fir	
Grapefruit	
Grapeseed	
Hazel	
Hyssop	
Jojoba	
Juniper	
Juniper Berry	
Lavender	
Lemon	
Lemon Grass	
Melissa	
Mountain Savoury	
Myrtle Red	
Neroli	
Niaouli	
Patchouli	
Peppermint	

TABLE 2

## SPICES

Allspice	Mango Powder
Allspice Ground	Mixed Spices
Anise Star	Mixed Spices - Sweet
Aniseed	Mushroom
Arrowroot	Mustard Seed Black
Arrowroot Ground	Mustard Seed Yellow
Asafoetidia	Nutmeg
Caraway Ground	Nutmeg Powder
Cardamom	Onion
Cardamom Seeds	Orris Root
Carob	Paprika - Sweet
Cassia	Slippery Elm
Cassia Bark	Tamarind Block
Cayenne Pepper	Tumeric
Celery Salt	
Chilli	
Chilli Powder	
Cinnamon	
Cinnamon Ground	
Cinnamon Sugar	
Cloves	
Cloves Ground	
Coconut Cream Block	
Coconut Ground	
Coconut Powder	
Coriander	
Coriander Ground	
Cream of Tartar	
Cumin	
Dill	
Dill Seeds	
Dutch Caraway	
Fennel	
Fennel Powder	
Fenugreek	
Fenugreek Powder	
Garlic	
Ginger	
Horseradish	
Horseradish Ribbled	
Juniper Berries	
Laos	
Laos Powder	
Lemon Grass	
Mace	
Mace Ground	

the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

#### **Preservation**

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

**HERBS**

Ba Ji Tian  
Bai Dou Kou  
Bai Gou  
Bai Guo Ye (Ginkgo)  
Bai He  
Bai Ji Tian  
Bai Jiang Cao  
Bai Zhi  
Bai Zhu  
Ban Xia  
Bi Ji Tian  
Bo He  
Bladderwrack  
Boswellia Serrata  
Bu Gu Zhi  
Cang Er Zi  
Chai Hu  
Chamaelirium Luteum  
(False Unicom)  
Chan Tiu  
Che Qian Cao  
Che Qian Zi  
Che Quian Cao  
Chen Xiang  
Chi Shao Yao  
Chuan Lian Zi  
Da Huang  
Da Zao  
Dan Shen  
Dang Gui (Dong Quai)  
Dang Shen  
Du Zhong  
Echinacea Angustifolia  
Er Cha  
Fan Xie Ye (Senna)  
Fu Ling  
Fu Pen Zi  
Gao Ben  
Garcinia Cambogia  
Ge Gen  
Gou Qi Zi (Lycium)  
Gou Teng  
Guaiacum Wood  
Gui Ban  
Guo Teng  
Guo Ye (Ginkgo)  
He Zi  
Horsetail

**HERBS**

Hu Huang Lian	Ting Li Zi
Hu Po	Wang Bu Liu Xing Guo
Hua Jiao	Wu Bei Zi
Huai Jiao Zi	Wu Jia Pi
Huang Lian	Wu Yao
Huang Qi	Xian He Cao
Huo Ma Ren	Xing Ren
Ji Xue Feng	Yan Hu Suo
Jiang Can	Yang Rong Wan
Jie Geng	Ye Ju Hua
Jin Quian Cao	Ye Tu Hua
Jin Yin Hua	Yi Mu Cao
Jin Ying Zi	Yin Yang Huo
Lian Zi	Yohimbe
Lian Zi (Red)	Zhen Zhu Mu
Long Yan Rou	Zhi Mu
Lu Jiao Shuang	Zhi Zi
Ma Dou Ling	
Mai Men Dong	
Mai Ya	
Man Jing Zi	
Mao Zhao Cao (Cats Claw)	
Maté Leaf	
Mexican Yam Root	
Milk Thistle Seed	
Mu Dan Pi	
Mu Hu Die	
Mu Li	
Mu Tong	
Niu Bang Zi	
Ou Jie	
Qiang Huo	
Rou Cong Rong	
Salix Alba (White Willow)	
Sang Ye	
Shan Zha	
Shen Jin Cao	
Sheng Ma	
Shiu Niu Jiao Si	
Shu Di Huang	
Spirulina	
Su Mu	
Su Zi (Zi Su Zi)	
Suan Zao Ren	
Tian Ma	
Tian Nan Xing	

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

### **Cutting up Herbs**

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

### **Storage**

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

### **Freshness of Stocks**

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

### Weighing Herbs

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan	= 0.3 grams approx
10 fan	= 1 qin
10 qin	= 1 lian
16 lian	= 1 jin

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

### **Boiling and Steaming**

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

### Properties of Commonly Used Chinese Herbs

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.

<b>Bai Shao</b>	<i>Paeonia lactiflora, P. obovata</i>	White peony root
<b>Part used:</b>	root, sliced	
<b>Meridian:</b>	liver	
<b>Taste:</b>	sweet	
<b>Usage:</b>	for abdominal pains after childbirth combine with Dang Gui ( <i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong ( <i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua ( <i>Carthamus tinctorius</i> /safflower).	
<b>Dosage:</b>	6-15g	
<b>Note:</b>	Do not use with black false hellebore ( <i>Veratrum nigrum</i> )	
<b>Bai Zhu</b>	<i>Atractylodes macrocephala</i>	Attractylodes
<b>Part used:</b>	root	
<b>Meridians:</b>	spleen, stomach	
<b>Taste:</b>	bitter-sweet	
<b>Usage:</b>	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
<b>Dosage:</b>	4.5-9g	
<b>Gan Cao</b>	<i>Glycyrrhiza uralensis, G. glabra</i>	Liquorice
<b>Part used:</b>	root	
<b>Meridians:</b>	all	
<b>Taste:</b>	sweet	
<b>Usage:</b>	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
<b>Dosage:</b>	1.5-9g	
<b>Gou Qi Zi</b>	<i>Lycium chinense</i>	Lycium
<b>Part used:</b>	seed	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua ( <i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu ( <i>Comus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> ) and Tian Men Dong ( <i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

**Dosage:** 6-12g

**Gou Teng**

**Part used:** thorn

**Meridians:** heart, liver

**Taste:** sweet

**Usage:** to stop convulsions, tics and spasms used with Tian Ma (*Gastrodia elata/Gastrodia rhizome*). For the treatment of red eyes caused by headaches used with Ju Hua (*Chrysanthemum morifolium/ chrysanthemum*), Sang Ye (*Morus alba/white mulberry leaves*) and Bo He (*Mentha arvensis/mint*). It does not need boiling.

**Dosage:** 6-12g

*Nauclea rhynchophylla*

also (*Unicaria*)

**Gui Zhi**

**Part used:** bark

**Meridians:** heart, lungs, bladder

**Taste:** sweet

**Usage:** used in combination with Ma Huang (*Ephedra sinica/Ephedra*) if the patient does not sweat; if they do, given with peeled Chi Shao (*Paeonia veitchii/red peony root*). Used in combination with Qiang Huo (*Notopterygium incisum*) to relieve pain in joints, especially arthritis. Used with Dang Gui (*Angelica sinensis/Chinese angelica*) or Chuan Xiong (*Ligustrum wallichii/Szechuan lovage root*) to treat period pains and menstrual irregularity.

**Dosage:** 3-9g (slightly more if used for arthritis)

**Note:** Avoid during pregnancy

Cinnamon twigs

**Huang Qi**

**Part used:** root, sliced, either raw or stir-fried in honey

**Meridians:** lungs, spleen

**Taste:** sweet

**Usage:** given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

**Dosage:** 9-30g

Milk vetch

*Astragalus membranaceus*

root, sliced, either raw or stir-fried in honey

lungs, spleen

sweet

given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng.

This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

<b>Huang Qin</b>	<i>Scutellaria baicalensis</i>	Baical skullcap root
<b>Part used:</b>	root, raw or stir-fried in rice wine	
<b>Meridians:</b>	gall bladder, small intestine, lungs, large intestine, spleen	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for throat pain used with Lian Qiao, ( <i>Forsythia suspensa</i> /forsythia fruit) and Jin Yin Hua ( <i>Lonicera japonica</i> /honeysuckle flower). For relieving high blood pressure used with Ju Hua ( <i>Chrysanthemum morifolium/chrysanthemum</i> ) and Gou Teng ( <i>Nauclea rhynchophylla</i> ).	
<b>Dosage:</b>	3-10g	
<b>Jing Jie</b>	<i>Schizonepeta tenuifolia</i>	
<b>Part used:</b>	seeds	
<b>Meridians:</b>	none specific	
<b>Taste:</b>	tangy	
<b>Usage:</b>	to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.	
<b>Dosage:</b>	3-9g	
<b>Ma Huang</b>	<i>Ephedra sinica</i>	Ephedra
<b>Part used:</b>	stalk	
<b>Meridians:</b>	bladder, lungs	
<b>Taste:</b>	tangy	
<b>Usage:</b>	used in combination with Gui Zhi ( <i>Cinnamomum cassia</i> /cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang ( <i>Zingiber officinale</i> /fresh ginger rhizome (root) and Bai Zhu ( <i>Atractylodes macrocephala</i> ) to reduce swelling.	
<b>Dosage:</b>	3-9g	
<b>Note:</b>	not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.	
<b>Mai Men Dong</b>	<i>Ophiopogon japonicus</i>	'Lush winter wheat'
<b>Part used:</b>	root nodules, used raw and pressed flat	
<b>Meridians:</b>	stomach, lungs, heart	
<b>Taste:</b>	bitter	
<b>Usage:</b>	to restore yin. Used with Ban Xia ( <i>Pinellia ternata</i> /'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Xuan Shen ( <i>Scrophularia Ningpoensis</i> Ningpo figwort root), Huang Lian ( <i>Coptis chinensis</i> /golden thread) and Dan Shen ( <i>Salvia miltiorrhiza</i> /'Scarlet root') for insomnia.	
<b>Dosage:</b>	6-12g	
<b>Mu Dan Pi</b>	<i>Paeonia suffruticosa</i>	Tree peony

**Part used:** bark  
**Meridians:** kidneys, liver, heart  
**Taste:** bitter  
**Usage:** to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium/chrysanthemum*) and Jin Yin Hua (*Lonicera japonica/honeysuckle flower*). For menstrual disorders, used with Chai Hu (*Bupleurum chinense/thorowax*) and Dan Gui (*Angelica sinensis/Chinese angelica*). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius/safflower*). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia/cinnamon*) and Hu Tao Ren (*Juglans regia/walnut*). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.  
**Dosage:** 6-12g  
**Note:** not suitable for use during pregnancy

**Qing Hao** *Artemisia annua, A. apiacea* **Wormwood**  
**Part used:** leaves  
**Meridians:** liver, gall bladder  
**Taste:** bitter, but with a very pleasant smell  
**Usage:** for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis/Baical skullcap root*), Ban Xia (*Pinellia ternata*) and Maranta arundinacea (arrowroot).  
**Dosage:** 20-40g for malaria, 6-15g for skin applications  
**Note:** this herb responds best to rapid, short boiling

**San Qi** *Panax notoginseng* **Pseudoginseng root**  
**Part used:** whole plant (it is similar to ginseng)  
**Meridians:** kidneys, liver  
**Taste:** bitter  
**Usage:** to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.  
**Dosage:** for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

**Shan Zhu Yu** *Cornus officinalis* **Cornelian Asiatic cherry**  
**Part used:** flesh of fruit  
**Meridians:** liver, kidneys  
**Taste:** bitter-sour  
**Usage:** used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

**Dosage:** 4.5-9g

**Shi Chang Pu** *Acorus gramineus* Sweetflag

**Part used:** root

**Meridians:** heart, spleen, stomach

**Taste:** tangy

**Usage:** for excess tan (mucus). Used with Zhi Zi (*Gardenia jasminoides/Cape jasmine*), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with Fu Ling (*Poria cocos/hoelen*) and Yuan Zhi (*Polygala tenuifolia/root of Chinese Senega*). For loss of appetite, given with Huo Xiang (*Agastache rugosa/Patchouli*), Huo Po (*Magnolia officinalis/magnolia*) and Chen Pi (*Citrus reticulata/tangerine peel*).

**Dosage:** 3-9g

**Shu Di Huang** *Rehmania glutinosa* Root of Chinese foxglove cooked in wine

**Part used:** root (oven dried or fresh)

**Meridians:** liver, kidneys, heart

**Taste:** sweet

**Usage:** a) to relieve cold in the blood. Used with Xuan Shen (*Scrophularia ningpoensis/Ningpo figwort*) to reduce high body temperature, dry mouth and red tongue. Given with He Ye (*Nelumbo nucifera/lotus leaves*) and Qian Cao Gen (*Rubia cordifolia/madder root*) for blood in vomit or urine. Used with Mu Dan Pi (*Paeonia suffruticosa/cortex of tree peony root*) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with Bi Xie Xu Duan (*Dioscorea batatas/Chinese yam*) and Di Gu Pi (*Lycium chinense/Chinese wolfberry*).  
b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

**Dosage:** a) 9-30g (double if fresh), b) 9-15g

**Tian Ma** *Gastrodia elata* Gastrodia rhizome

**Part used:** tuber

**Meridian:** liver

**Taste:** sweet

**Usage:** to clear collateral channels and to relieve rheumatic pain, given with Jin Yin Hua (*Lonicera japonica/honeysuckle flower*) and Huai Niu Xi (*Achyranthes bidentata/Ox knee*). Given with Ban Xia (*Pinellia ternata/Half summer*) and Bai Zhu (*Atractylodes macrocephala*) in the treatment of migraine, eye

Dosage:	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth. 3-9g boiled in water, 1-1.5g as a powder	
<b>Tian Men Dong</b>	<i>Asparagus cochinchinensis</i>	Tuber of Chinese asparagus
Part used:	root, raw and sliced	
Meridians:	lungs, kidneys	
Taste:	bitter-sweet	
Purpose:	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.	
Usage:	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bei Mu ( <i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bai Bu ( <i>Stemona sessilifolia</i> /stemona root).	
Dosage:	6-12g	
<b>Tu Si Zi</b>	<i>Cuscuta chinensis</i>	Dodder seeds
Part used:	seeds, boiled and crushed, sometimes in cake form	
Meridians:	kidneys, lungs	
Taste:	sweet	
Purpose:	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle	
Dosage:	6-12g	
<b>Wu Wei Zi</b>	<i>Schizandra chinensis, S. sphenanthera</i>	Schisandra fruit
	The Chinese name means 'the fruit which has five tastes'. It has two forms, northern ( <i>S. Chinensis</i> ) and southern ( <i>S. sphenanthera</i> ).	
Part used:	fruit, raw or steamed with vinegar or rice wine	
Meridians:	kidneys, heart, lungs	
Taste:	sour	
Usage:	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong ( <i>Ophiopogon japonicus</i> /'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.	
Dosage:	1.5-6g	
<b>Xin Yi Hua</b>	<i>Magnolia liliiflora</i>	Magnolia flower
Part used:	flower	
Meridians:	none specific	
Taste:	tangy	
Usage:	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.	
Dosage:	1-3g	

<b>Yin Yang Huo</b>	<i>Epimedium brevicomum,</i> <i>E. grandiflorum, E. sagittatum</i>	'Licentious goat wort'
<b>Part used:</b>	the whole plant apart from the root	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
<b>Dosage:</b>	3-9g	
<b>Yu Xing Cao</b>	<i>Houttuynia cordata</i>	'Fishy smelling herb'
<b>Part used:</b>	whole herb	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
<b>Usage:</b>	the treatment of lung and kidney disorders.	
<b>Dosage:</b>	9-30g	
<b>Yuan Zhi</b>	<i>Polygala tenuifolia</i>	Root of Chinese senega
<b>Part used:</b>	root, chopped and treated with liquorice	
<b>Meridians:</b>	lungs, heart, kidneys	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for treatment of irritability, insomnia and depression.	
<b>Dosage:</b>	3-9g	
<b>Zi Su Ye</b>	<i>Perilla frutescens</i>	Perilla leaf
<b>Part used:</b>	leaves	
<b>Meridians:</b>	spleen, lungs	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
<b>Dosage:</b>	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officianale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table 4. "Pepsin" refers to commercially available pepsin digest.

TABLE 4VITAMINS AND AMINO ACIDS**Vitamins & Amino Acids**

L-Phenylaline  
 Vitamin C  
 Vitamin E  
 Vitamin ED

**Method**

Extraction  
 Extraction  
 Extraction  
 Extraction

Inositol  
 Selenium Methionine  
 Soya Isolate  
 Trace Mineral Clay

Trace Mineral  
 Trace Mineral  
 Trace Mineral  
 Trace Mineral

Lysine  
 Pepsin  
 Whey Protein  
 Zinc Amino Acid Chelate

Compound  
 Compound  
 Compound  
 Compound

Co-enzyme Q

Superoxide Dismutase  
 Vegetable enzymes  
 Iron Gluconate

Copper amino acid gluconate

Calcium amino acid gluconate

L-Threonine

Chromium niacin

Selenium methionine

L-phenylalanine

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glycetyl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glycetyl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imodazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated, the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

Side Effects

(a) X-rays/scans	Medical irradiation
(b) Medical drugs	Misfunction
(c) Amalgam dental fillings	Mercury poisoning
(d) Organophosphate exposure	Nervous system

- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
- v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formula. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils		Herbs/Spices
Bergamot	1/4ml	<b>Herbs:</b> 5:1
Camphor	1/4ml	Bai Guo Ye - 2gm
Chamomile Roman	1/4ml	Ba Ji Tian - 2gm
Eucalyptus Globulus	1/4ml	Chen Xiang - 2gm
Ginger	1/4ml	Da Huang - 2gm
Juniper	1/4ml	Huang Lian - 2gm
Melissa	1/4ml	Niu Bang Zi - 2gm
Peppermint	1/4ml	Salix Alba - 2gm
Rose Geranium	1/4ml	Zhi Zi - 2gm
Rosemary	1/4ml	
Tea Tree	1/4ml	
		<b>Spices:</b>
		Cinnamon Sugar - 10gm
		Cloves 10gm
		Coriander - 10gm
		Garlic - 10g
		Juniper Berries - 10gm

Base Ingredients		Flavouring
<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/ Vitamins</u>	Honey -20ml
Royal Jelly - 20gm	Aloe Vera:	Indian Brandy - 20ml
Bee Propolis - 20gm	2/3 litre	Vanilla - 50gm
<u>Enzymes/Minerals</u>	<u>Amino Acids:</u>	
Enzymes:	Copper Amino Acid Chelate - 30gm	
Vegetable Enzymes - 30gm	Lithium Threonine - 30gm	
	Superoxide Dismutase (S.O.D.) - 30gm	
Minerals:	Zinc Amino Acid Chelate - 5gm	
Calcium - 10gm		
Garlic - 20gm		
Inositol - 25gm	<u>Vitamins:</u>	
Iron - 10gm	VIT C - 30gm	
Mineral Clay Powders - 30gm	VITE D - Alpha Tocopherol - 10gm	

TABLE 6

Aloe Vera	Essential Oils		Chinese Herbs/Indian Spices
Nectar	Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Zeylanicum Clove Buds Eucalyptus Globulus Frankincense Fennel Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Red Thyme Rosemary Rose Geranium Tagestes Ylang Ylang	1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml 1ml	<b>Chinese Herbs:</b> Acacia Catechu - 30gm Acanthopanax Gracilistylus - 30gm Caesalpinia Sappan - 30gm Epimedium Spinosa - 30gm  <b>Indian Spices:</b> Asapoetidia - 20gm Coconut Cream Block - 20gm Coriander - 20gm Fenugreek - 20gm Horseradish Ribbled - 20gm

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandee - 20ml Blackcurrant Concentrate - 20ml	Chinese Acupuncture - 2 sessions

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula A</b>		<b>- 2 capsules 3 times daily over 20 days</b>		<b>+ Formula Z - CRA - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>	
<b>Angina</b>	<b>Artery Walls</b>	<b>Atherosclerosis</b>	<b>Diabetes</b>	<b>Heartburn</b>	<b>Tumour</b>
<b>Asthma</b>		<b>Blood Pressure</b>	<b>Emphysema</b>	<b>Raynard's Disease</b>	
		<b>*Cholesterol</b>	<b>*Meningitis</b>	<b>*Strokes &amp; Heart Attacks</b>	
<b>Essential Oils</b>		<b>Herbs/Spices</b>		<b>Base Ingredients</b>	<b>Flavouring</b>
Basil	1/6ml	Herb: 5:1 Bai Guo Ye (Ginkgo) - 2gm Bu Gu Zhi - 2gm Ban Xia - 2gm Chen Xiang - 2gm Da Huang - 2gm Dang Sien - 2 gm Er Cha - 2gm Ge Gen - 2gm Grapeseed - 15mg	Honey Product Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 3/4 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
Bergamot	1/6ml				
Camphor	1/6ml				
Chamomile German	1/6ml				
Chamomile Maroc	1/6ml				
Chamomile Roman	1/6ml				
Cinnamon Leaf	1/6ml				
Clove Buds	1/6ml				
Dill	1/6ml				
Eucalyptus Globulus	1/6ml				
Fennel	1/6ml				
Frankincense	1/6ml				
Hyssop	1/6ml				
Juniper	1/6ml				
Lavender	1/6ml				
Lemon Grass	1/6ml				
Mountain Savoury	1/6ml				
Niaouli	1/6ml				
Peppermint	1/6ml				
Rose Geranium	1/6ml				
Rosemary	1/6ml				
Tageses	1/6ml				
Thyme Red	1/6ml				
Ylang Ylang	1/6ml				

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula B		2 capsules 3 times daily over 20 days		2 capsules 3 times daily over 20 days apart, maximum 7 days apart)	
		• + Formula Z - CRB - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart)		• + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
		Endometritis **Candida (Thrush/Cystitis) Colitis Crohn's Disease Diverticulitis		*Organophosphate Disease (OP's) Indigestion "Irritable Bowel Menopause Hiatus Hernia HRT	
Essential Oils	Herbs/Spices	Honey Products	Aloe Vera/Amino Acid/Vitamins	Flavouring	
Bergamot	Herbs: 5:1 1/6ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Honey - 20ml	
Black Pepper	1/6ml	Bai Zhu - 2gm	Bee Propolis - 4:1 - 5gm	Indian Brandee - 20ml	
Camphor	1/6ml	Chai Hu - 2gm		Vanilla - 50gm	
Chamomile German	1/6ml	Da Huang - 2gm			
Chamomile Maroc	1/6ml	Dang Gui - 2gm (Dong Quai)			
Chamomile Roman	1/6ml	Dang Shen - 2gm			
Cinnamon Leaf	1/6ml	Er Cha - 2gm			
Clove Buds	1/6ml	Grapeseed - 15mcg			
Eucalyptus Globulus	1/6ml	Gu Ban - 2gm			
Fennel	1/6ml	Jin Qian Cao - 2gm			
Frankincense	1/6ml	Jin Yin Hua - 2gm			
Hyssop	1/6ml	Lu Jiao Shuang - 2gm			
Juniper Berry	1/6ml	Mao Zhao Cao (Cat's Claw) - 2gm			
Lemon Grass	1/6ml	Pycnogenol - 10mcg			
Mountain Savoury	1/6ml	Sak Aha (White Willow) - 10gm 1:1			
Niaouli	1/6ml	Shu Ci Huang - 2gm			
Rose Geranium	1/6ml	Su Mu - 2gm			
Rosemary	1/6ml	Wu Jia Pi - 2gm			
Sweet Marjoram	1/6ml	Yan Hu Suo - 2gm			
Tageses	1/6ml	Zhi Zi - 2gm			
Thyme Red	1/6ml				
Ylang Ylang	1/6ml				

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<u>Product Formula C1</u>	<u>(Prevention) - 2 capsules x 3 times daily for 20 days ++ Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** Pneumonia</u>		
<u>Cold Antidote</u>	<u>Coughs/Bronchitis</u>		
<u>Essential Oils</u>	<u>Herbs/Spices</u>	<u>Base Ingredients</u>	<u>Flavouring</u>
Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hysop Juniper Lemon Grass Mountain Savoury Myrtle Red Niaouli Patchouli Pine Rose Geranium Rosemary Spanish Marjoram Sweet Thyme Tegetes Thyme Red Ylang Ylang	<u>Herbs: 5:1</u> Da Huang - 2gm Echinacea Angustifolia - 10gm (1:1) Er Cha - 2gm Huang Lian - 2gm Jin Yin Hua - 2gm Jie Geng - 2gm Lian Zi (Red) - 2gm Long Yan Rou - 2gm Niu Bang Zi - 2gm Sang Ye - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Xing Ren - 2gm  <u>Spices:</u> Asafoetida - 10gm Cassia - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10g Mace Ground - 10gm Onion - 10gm  <u>Enzymes/Minerals:</u> Enzymes: Vegetable Enzymes - 15gm  <u>Minerals:</u> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<u>Honey Products</u> Royal Jelly - 3:1 - 7 gm Bee Propolis - 4:1 - 5gm  <u>Enzymes:</u> Vegetable Enzymes - 15gm  <u>Minerals:</u> VIT C - 15gm VITE D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandy - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula C2</b>	<b>(Cure) - Phial (single 50ml dose)</b>		
	* + Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)		
	** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)		
Coughs/Bronchitis	*Influenza Antidote		
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Camphor Chamomile Roman Eucalyptus Globulus Grand Fir Juniper Melissa Patchouli Teaestes	Herbs: 5:1 1/6ml Che Qian Cao - 2gm 1/6ml Dan Shan - 2gm 1/6ml Echinacea Angustifolia - 10gm 1/6ml Huang Lian - 2gm 1/6ml Jie Geng - 2gm 1/6ml Jin Yin Hua - 2gm 1/6ml Lian Zi (Red) - 2gm 1/6ml Long Yan Rou - 2gm 1/6ml Niu Bang Zi - 2 gm 1/6ml Sang Ye - 2gm 1/6ml Xing Ren - 2gm	Honey Products Royal Jelly - 10gm Bee Propolis - 10gm	Vitamins/Amino Acids VIT C - 15gm Inositol - 10gm Lysine (Amino Acid) - 10gm
	Spices: Allspice - 10gm Cinnamon Sugar - 10gm		Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula D****- 2 capsules 3 times daily over 20 days**

+ Followed by Formula F - Clarissa Balancing System

- \*Clinical Depression (inherited)
- Hypertension
- \*Insomnia
- \*Lifestyle Depression

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)
- Mental Breakdown
- Post Natal Depression
- \*Psychopathical Social Violence Stress

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	Herbs: 5:1 1/6ml Bai Dou Kou - 2gm 1/6ml Bai Guo Ye (Ginkgo) - 2gm 1/6ml Bai He - 2gm 1/6ml Da Huang - 2gm 1/6ml Dang Shen - 2gm 1/6ml Du Zhong - 2gm 1/6ml Er Cha - 2gm 1/6ml Grapeseed - 15mcg 1/6ml Gui Ban - 2gm 1/6ml Psychoenol - 10mcg 1/6ml Su Mu - 2gm 1/6ml Tian Ma - 2gm (Not UK) 1/6ml Wu Ja Pi - 2gm 1/6ml Yin Yang Huo - 2gm	Honey Products: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
Bergamot		Enzymes/Minerals:	
Chamomile German		Enzymes:	L-Threonine - 15gm
Chamomile Maroc		Vegetable Enzymes - 15gm	Phosphatidyl Cholim - 10gm
Chamomile Roman		Minerals:	Superoxide Dismutase (S.O.D.) - 15gm
Cinnamon Leaf		Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm
Clove Buds		Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm
Eucalyptus Globulus		Garlic - 5gm	
Fennel		Inositol 25gm	
Frankincense		Iron Gluconate 12.5% - 10gm	
Grapefruit		Mineral Clay Powders - 15gm	
Hyssop		Zinc Amino Acid Chelate 20% - 5gm	
Juniper			
Lemon Grass			
Melissa	Spices: 1/6ml Aniseed - 10gm 1/6ml Asafoetida - 10gm 1/6ml Chilli - 10gm 1/6ml Coconut Cream Block - 10gm		
Mountain Savory		Coriander - 10gm	
Niaouli		Fenugreek - 10gm	
Rose Geranium		Honeydew Ribbed - 10gm	
Rosemary		Mace Ground - 10gm	
Sweet Majoram		Mixed Spices Sweet - 10gm	
Tagetes			
Thyme Red			
Ylang Ylang			

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula E	- 2 capsules 3 times daily over 20 days	Eye Retina Glaucoma	Gum Disorders Hay Fever	Mouth Infections Pharyngitis	Sinusitis
Essential Oils	Herbs/Spices		Base Ingredients	Aloe Vera/Amino Acids/Vitamins	Flavouring
Aniseed	Herbs: 5:1 1/6ml Da Huang - 2gm	Honey Products Royal Jelly - 3:1 - 7gm			Honey - 20ml
Bergamot	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm			Indian Brandy - 20ml
Camphor	Grapeseed - 15mcg				Vanilla - 50gm
Carrot	Jin Yin Hua - 2gm				
Chamomile German	Pycnogenol - 10mcg				
Chamomile Maroc	Qiang Huo - 2gm				
Chamomile Roman	Salix Alba (White Willow) - 10gm				
Cinnamon Leaf	1:1 1/6ml Su Mu - 2gm				
Clove Buds	Tian Nan Xing - 2gm				
Dill	Wu Bei Zi - 2gm				
Eucalyptus Globulus	Wu Jia Pi - 2gm				
Fennel	Xing Ren - 2gm				
Frankincense	Yai Hu Suo - 2gm				
Hazel	Zhi Zi - 2gm				
Hyssop					
Juniper Berry	Arrowroot - 10gm				
Lavender	Asafoetida - 10gm				
Lemon Grass	Chilli - 10gm				
Mountain Savoury	Cloves - 10gm				
Niacull	Coconut Cream Block - 10gm				
Peppermint	Coriander - 10gm				
Rose Geranium	Fennel - 10gm				
Rosemary	Fenugreek - 10gm				
Sweet Mandarin	Horseradish Ribbed - 10gm				
Tagesates	Macca Ground - 10gm				
Thyme Red	Mixed Spices - Sweet - 10gm				
Thyme Sweet	Paprika - Sweet - 10gm				
Ylang Ylang	1/6ml				

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula F - CBA      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
Clarissa Carer - Personal Balancing System - Lack of Self Confidence			
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients

Agimon - 1ml Crab Apple - 1ml Sweet Chestnut - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/4ml Bai Dou Kou - 2gm 1/4ml Da Huang - 2gm 1/4ml Ji Xue Teng - 2gm 1/4ml Spices: 1/4ml Cassia Bark - 10gm	Aloe Vera Pure - 20ml Honey 20ml
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PCT/GB98/00708

Product Formula F - CBB      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
Clarissa Carer - Personal Balancing System - Love and Contentment			
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients

Aspen - 1ml Chicory - 1ml Gorse - 1ml Mimulus - 1ml Verbain - 1ml Wild Rose - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/4ml Da Huang - 2gm 1/4ml Gou Teng - 2gm 1/4ml Spices: 1/4ml Allspice Ground - 10gm 1/4ml Dill Seeds - 10gm	Aloe Vera Pure - 20ml Honey - 20ml
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PRODUCT FORMULA BY AILMENT & ILLNESS

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**Product Formula F - CBC**      **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**  
**Clarissa Carer - Personal Balancing System**  
**- Fear of Achievement**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Beech - 1ml	Bergamot	1/4ml Herbs: 5:1 Da Huang - 2gm Jin Ying Zi - 2gm Sang Ye - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Clematis - 1ml	Chamomile Roman	1/4ml		
Hornbeam - 1ml	Eucalyptus Globulus	1/4ml		
Larch - 1ml	Fennel	1/4ml		
Mustard - 1ml	Hysop	1/4ml		
Vine - 1ml	Juniper	1/4ml		
	Niaouli	1/4ml		
		Spices: Aralocitidia - 10gm Cloves Ground - 10gm		

**Product Formula F - CBD**      **2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**  
**Clarissa Carer - Personal Balancing System**  
**- Anger & Jealousy**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Century - 1ml	Bergamot	1/4ml Herbs: 5:1 Da Huang - 2gm Ye Ju Jua - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Elm - 1ml	Chamomile Roman	1/4ml		
Impatiens - 1ml	Eucalyptus Globulus	1/4ml		
	Fennel	1/4ml		
	Hysop	1/4ml		
	Walnut - 1ml	1/4ml		
	Wild Oat - 1ml	1/4ml		
	Niaouli	1/4ml		
		Spices: Cardamom Seeds - 10gm Fenugreek Powder - 10gm		

**PRODUCT FORMULA BY ILLNESS****Product Formula F - CBE    2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)****Clarissa Balancing System****- Hale & Regret**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cerato - 1ml	Bergamot	1/6ml	Aloe Vera Pure - 20ml	Avocado - 10ml
Gentian - 1ml	Chamomile Roman	1/6ml	Honey - 20ml	Grapeseed - 40ml
	Eucalyptus Globulus	1/6ml		Hazelnut - 10ml
Heather - 1ml	Fennel	1/6ml		
Oak - 1ml	Hysop	1/6ml		
Rock Water - 1ml	Juniper	1/6ml		
Scleranthus - 1ml	Niaouli	1/6ml		

**Product Formula F - CBF    2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)****Clarissa Balancing System****- Lack of Self Esteem**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cherry Plum - 1ml	Bergamot	1/6ml	Aloe Vera Pure - 20ml	Avocado - 10ml
Holly - 1ml	Chamomile Roman	1/6ml	Honey 20ml	Grapeseed - 40ml
Olive - 1ml	Eucalyptus Globulus	1/6ml		Hazelnut - 10ml
Red Chestnut - 1ml	Fennel	1/6ml		
Rock Rose - 1ml	Hysop	1/6ml		
White Chestnut - 1ml	Juniper	1/6ml		
	Niaouli	1/6ml		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula F - CBG      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>	
<b>Clarissa Carer - Personal Balancing System - Mental Strength &amp; Stamina</b>	
<b>Flower Remedies</b>	<b>Essential Oils</b>

<b>Flower Remedies</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Chestnut Bud - 1ml	Bergamot	1/6ml Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml
Honeysuckle - 1ml	Chamomile Roman	1/6ml Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Eucalyptus Globulus - 1ml	Eucalyptus Globulus	1/6ml Gou Teng - 2gm		Hazelnut - 10ml
Fennel		1/6ml Hu Huang Lian - 10gm		
Pine - 1ml	Hyssop	1/6ml		
Star of Bethlehem - 1ml	Juniper	1/6ml Spices:		
Water Violet - 1ml	Niaouli	1/6ml Coriander Ground - 10gm		
Willow - 1ml		1/6ml Laos Powder - 10gm		
Rescue Remedy - 1ml				

<b>Product Formula F - CBF      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>	
<b>Clarissa Carer - Personal Balancing System - Guilt &amp; Responsibility</b>	
<b>Flower Remedies</b>	<b>Essential Oils</b>

<b>Flower Remedies</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Aspen - 1ml	Bergamot	1/6ml Herbs: 5:1	Aloe Vera Pure - 20ml	Avocado - 10ml
Cherry Plum - 1ml	Chamomile Roman	1/6ml Bai Guo - 2gm	Honey - 20ml	Grapeseed - 40ml
Elm - 1ml	Eucalyptus Globulus	1/6ml Da Huang - 2gm		Hazelnut - 10ml
Honeysuckle - 1ml	Fennel	1/6ml Hu Po - 2gm		
	Hyssop	1/6ml		
	Juniper	1/6ml Spices:		
	Niaouli	1/6ml Cardamom - 10gm		
		1/6ml Fennel Powder - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula F - CBT      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

**Clarissa Carer - Personal Balancing System**  
**- Abuse, Trauma & Shock**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Bergamot	1/6ml	Herbs: 5:1 Chen Tui - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Chamomile Roman	1/6ml	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Eucalyptus Globulus	1/6ml	Jin Ying Zi - 2gm		Hazelnut - 10ml
Fennel	1/6ml			
Hysop	1/6ml			
Juniper	1/6ml			
Niaouli	1/6ml	Spices: Carob - 10gm Dill - 10gm		

**Product Formula F - CBV      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

**Clarissa Balancing System**

**- Bereavement/Loss**

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Bergamot	1/6ml	Herbs: 5:1 Ba Ji Tian - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
Chamomile Roman	1/6ml	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Eucalyptus Globulus	1/6ml	Xian He Cao - 2gm		Hazelnut - 10ml
Fennel	1/6ml			
Hysop	1/6ml			
Juniper	1/6ml			
Niaouli	1/6ml	Spices: Anise Star - 10gm Chilli - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula G</b>	<b>Phial (Single 50ml dose)</b>				
<b>Gastroenteritis Sickness</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Vitamins/Amino Acids</b>	<b>Flavouring</b>	
Chamomile Maroc Hyssop Lavender Niaouli	1/4ml 1/4ml 1/4ml 1/4ml	<b>Herbs: 5:1</b> Bai Jiang Cao - 2gm Bai Zhu - 2gm Da Huang - 2gm Shen Jin Cao - 2gm  <b>Spices:</b> Carob - 10gm Coconut Powder - 10gm Fenugreek - 10gm	VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm	Vanilla - 50gm Honey - 10ml Indian Brandy - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula H</b>	<b>Phial (Single 50ml dose)</b>		
<b>Headache Migraine</b>	<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Vitamins/Amino Acids</b>
			<b>Flavouring</b>
Basil Bergamot Camphor Chamomile Roman Dill Eucalyptus Globulus Fennel Ginger Hysop Juniper Niaouli Patchouli	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Da Huang - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Yan Hu Suo - 2gm Yang Rong Wan - 2gm (Patent)  Spices: Caraway Ground - 10gm Fennel - 10gm	VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula I****- 2 capsules 3 times daily over 20 days****Infertility**

<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Basil	1/4ml	Herbs: 5:1 Da Huang - 2gm	Aloe Vera/Amnio Acids/ Vitamins Aloe Vera; Over 70 nutrients - ¼ litre
Bergamot	1/4ml	Er Cha - 2gm	Honey - 20ml
Chamomile German	1/4ml	Huai Jiao Zi - 2gm	Indian Brandee - 20ml
Chamomile Marroc	1/4ml	Lian Zi (Red) - 2gm	Vanilla - 50gm
Chamomile Roman	1/4ml	Lu Jiao Shuang - 2gm	
Cinnamon Leaf	1/4ml	Su Mu - 2gm	
Cinnamon Leaf	1/4ml	Wu Jia Pi - 2gm	
Clove Buds	1/4ml		
Eucalyptus Globulus	1/4ml		
Fatigue	1/4ml		
Fennel	1/4ml		
Frankincense	1/4ml		
Hyssop	1/4ml		
Juniper	1/4ml		
Lavender	1/4ml		
Lemon Grass	1/4ml		
Mountain Savory	1/4ml		
Niaouli	1/4ml		
Patchouli	1/4ml		
Rose Geranium	1/4ml		
Rosemary	1/4ml		
Tageses	1/4ml		
Thyme Red	1/4ml		
Ylang Ylang	1/4ml		

## **PRODUCT FORMULA BY AIMMENT & ILLNESS**

Product Formula J		- 2 capsules 3 times daily over 20 days					
		+ Formula Z - CRJ - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart)			+ Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart)		
		** Acne			*** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart)		
** Aids		Athletes Foot			** Leukaemia		
*Alzheimers Disease		Dermatitis			*Senile Dementia		
*Batten's Disease		Eczema			*Herpes		
**Cancer		Hair & Scalp Conditions			Kidney Performance		
Essential Oils		Herbs/Spices			Labyrinthitis		
Bergamot	1/6ml	Herbs: 5:1			Honey Products		
Camphor	1/6ml	Bai Guo Ye (Ginkgo) - 2gm			Royal Jelly - 3:1 - 7gm		
Chamomile German	1/6ml	Ba Ji Tian - 2gm			Bee Propolis - 4:1 - 5gm		
Chamomile Maroc	1/6ml	Da Huang - 2gm			Enzymes/Minerals		
Chamomile Roman	1/6ml	Dang Shen - 2gm			Enzymes:		
Cinnamon Leaf	1/6ml	Er Cha - 2gm			Vegetable Enzymes - 16gm		
Clove Buds	1/6ml	Grapeseed - 16mcg			L-Threonine - 15gm		
Eucalyptus Globulus	1/6ml	Pycnogenol - 10mcg			Superoxide Dismutase (S.O.D.) - 15gm		
Fennel	1/6ml	Salix Alba (White Willow) - 10gm			Minerals:		
Frankincense	1/6ml	1:1 Shu Di Huang - 2gm			Calcium Amino Acid Chelate 20% -		
Hysop	1/6ml	Su Mu - 2gm			10gm		
Juniper	1/6ml	Wu Jia Pi - 2gm			Copper Amino Acid Chelate 20% -		
Lemon Grass	1/6ml	Wu Yao - 2gm			15gm		
Mountain Savoury	1/6ml	Zhen Zhu Mu - 2gm			Garlic - 5gm		
Niaouli	1/6ml	Spices:			Inositol 25gm		
Rosemary	1/6ml	Allspice - 10gm			Iron Gluconate 12.5% - 10gm		
Rose Geranium	1/6ml	Asafoetida - 10gm			Mineral Clay Powder - 15gm		
Tagestas	1/6ml	Cayenne Pepper - 10gm			Zinc Amino Acid Chelate 20% -		
Thyme Red	1/6ml	Chilli Powder - 10gm			5gm		
Ylang Ylang	1/6ml	Coriander - 10gm			Dill Seeds - 10gm		
		Fenugreek - 10gm			Horseradish Ribbed - 10gm		
		Mace Ground - 10gm			Mace Ground - 10gm		
		Slippery Elm - 10gm					
Flavouring		Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm					

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula L - 2 capsules 3 times daily over 20 days

## Birth Control

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Aniseed Bergamot Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lavender Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 1/6ml Da Huang - 2gm 1/6ml Er Cha - 2gm 1/6ml He Zi - 2gm 1/6ml Jin Ying Zi - 2gm 1/6ml Mao Zhao Cao (Cats Claw) - 2gm 1/6ml Mu Hu Die - 2gm 1/6ml Su Mu - 2gm 1/6ml Wu Jia Pi - 2gm 1/6ml Yam - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula M** - 2 capsules 3 times daily over 20 days  
 • + Formula Z - CRM - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*ME

\*Motor Neurone Disease

M.R.S.A. virus

**2 capsules 3 times daily over 20 days**  
 • + Formula Z - CRM - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*MS

\*Muscular Dystrophy

\*Thyroid Gland (over and under active)

Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
		Honey Product	Aloe Vera/Amino Acids/Vitamins	
Bergamot	Herbs: 5:1 1/6ml Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm. Bee Propolis - 4:1 - 5gm		Honey - 20ml Indian Brandy - 20ml
Camphor	1/6ml Ba Ji Tian - 2gm			Vanilla - 50gm
Chamomile German	1/6ml Chen Xiang - 2gm			
Chamomile Marcc	1/6ml Da Huang - 2gm			
Chamomile Roman	1/6ml Er Cha - 2gm			
Cinnamon Leaf	1/6ml Grapeseed - 16mcg			
Clove Buds	1/6ml Huang Lian - 2gm			
Eucalyptus Globulus	1/6ml Mao Zhao Cao (Cats Claw) - 2gm			
Fennel	1/6ml Niu Bang Zi - 2gm			
Frankincense	1/6ml Pycnogenol - 10mcg			
Ginger	1/6ml Salix Alba (White Willow) - 10gm			
Hysop	1/6ml Su Mu - 2gm			
Juniper	1/6ml Wu Jia Pi - 2gm			
Lemon Grass	1/6ml Zhi Zi - 2gm			
Melissa	1/6ml			
Mountain Savoury	1/6ml			
Niaouli	1/6ml Asafetidila - 10gm			
Peppermint	1/6ml Chilli Powder - 10gm			
Rose Geranium	1/6ml Cinnamon Sugar - 10gm			
Rosemary	1/6ml Cloves 10gm			
Tegestes	1/6ml Coconut Cream Block - 10gm			
Tea Tree	1/6ml Coriander - 10gm			
Thyme Red	1/6ml Fenugreek - 10gm			
Ylang Ylang	1/6ml Garlic - 10g			
		Hydroradish Ribbed - 10gm		
		Juniper Berries - 10gm		
		Mace Ground - 10gm		

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula N

## **NUTRITIONAL AND BODY CLEANSING DRINK SUPPLEMENT**

- 10ml daily preferably at bedtime - 90 days supply

Product Formula N		NUTRITIONAL AND BODY CLEANSING DRINK SUPPLEMENT			
		- 10ml daily preferably at bedtime - 90 days supply			
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring	
Basil	Herbs: 5:1	Honey Products: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera: Over 70 nutrients including all vitamins B1-B16 - 3/4 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm	
Bergamot	1/4ml	Bai Guo Ye (Ginkgo) - 1gm			
Chamomile German	1/4ml	Bai Zhu - 1gm			
Chamomile Maroc	1/4ml	Ban Xia - 1gm			
Chamomile Roman	1/4ml	Boswellia Serrata - 5gm 1:1			
Cinnamon Leaf	1/4ml	Chai Hu - 1gm			
Clove Buds	1/4ml	Da Huang - 1gm			
Eucalyptus Globulus	1/4ml	Dang Gui (Dong Quai) - 1 gm			
Fennel	1/4ml	Dang Shen - 1gm			
Frankincense	1/4ml	Er Cha - 1gm			
Hyssop	1/4ml	Chamaemelum Lutea (False Unicom) - 1gm			
Juniper	1/4ml	Gou Qi Zi(Lycium) - 1gm			
Lemon Grass	1/4ml	Grapeseed - 15mcg			
Mountain Savoury	1/4ml	Lu Jiao Shuang - 1gm			
Niaouli	1/4ml	Man Jing Zi - 1gm			
Rose Geranium	1/4ml	Mao Zhao Cao (Cats Claw) - 1gm			
Rosemary	1/4ml	Mexican Yam Root - 5gm 1:1			
Tagetes	1/4ml	Pycnogenol - 10mcg			
Thyme Red	1/4ml	Reu Cong Rang - 1gm			
Ylang Ylang	1/4ml	Saisi Baba (White Willow) - 5gm 1:1			
	1/4ml	Shan Zha - 1gm			
	1/4ml	Sheng Ma - 1gm			
	1/4ml	Su Mu - 1gm			
	1/4ml	Wu Jia Pi - 1gm			
	1/4ml	Yi Mu Cao - 1gm			
		Yohimbe (prescription only) - 1gm			
		Spices:			
		Asafoetida - 5gm			
		Caraway Ground - 5gm			
		Chilli Powder - 5gm			
		Coconut Cream Block - 5gm			
		Coriander - 5gm			
		Cream of Tartar - 5gm			
		Fenugreek - 5gm			
		Horsechestnut Ribbed - 5gm			
		Mace Ground - 5gm			
		Nutritional Oils & Fats			
		Cod Liver Powder - 7.5gm			
		Evening Primrose - 15ml			
		Garlic Powder - 5gm			
		Linoleic acid - 7.5gm			
		Linolenic acid - 7.5gm			
		Olive Oil - 15ml			

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

- 2 capsules 3 times daily over 20 days

Product Formula

Product Formula Q		- 2 capsules 3 times daily over 20 days				
Partial & Total Deafness		Herbs/Spices		Base Ingredients		Flavouring
	Essential Oils	Honey Products	Aloe Vera/Amino Acids/Vitamins			
Basil	1/8ml	Herbe: 5:1 Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Honey - 20ml	Indian Brandy - 20ml
Bergamot	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm			Vanilla - 50gm
Carrot	1/8ml	Er Cha - 2gm				
Chamomile German	1/8ml	Gou Teng - 2gm				
Chamomile Matric	1/8ml	Mu Li - 2gm				
Chamomile roman	1/8ml	Sang Ye - 2gm				
Cinnamon Leaf	1/8ml	Su Mu - 2gm				
Clove Buds	1/8ml	Wu Jia Pi - 2gm				
Eucalyptus Globulus	1/8ml	Ye Ju Hua - 2gm				
Fennel	1/8ml					
Frankincense	1/8ml					
Hyssop	1/8ml	Spices:				
Juniper	1/8ml	Anise Star - 10gm				
Lemon Grass	1/8ml	Asafoetida - 10gm				
Melissa	1/8ml	Cassia - 10gm				
Mountain Savoury	1/8ml	Chilli Powder - 10gm				
Niaouli	1/8ml	Coconut Cream Block - 10gm				
Rose Geranium	1/8ml	Coriander - 10gm				
Rosemary	1/8ml	Fennel - 10gm				
Tageses	1/8ml	Fenugreek - 10gm				
Thyme Red	1/8ml	Horseradish Ribbed - 10gm				
Ylang Ylang	1/8ml	Laos - 10gm				
		Mace Ground - 10gm				
		Turmeric - 10gm				

## PRODUCT FORMULA BY AILMENT & ILLNESS

**Product Formula P** - 2 capsules 3 times daily over 20 days

Product Formula P	- 2 capsules 3 times daily over 20 days		
Impotence	Prostrate Gland		
Libido			
Basil	Essential Oils	Herbs: 5:1 Bal Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Grapeseed - 15mcg Huang Qi - 2gm Jiang Can - 2gm Lian Zi (Red) - 2gm Lu Jiao Shuang - 2gm Mai Ya - 2gm Mu Dan Pi 2gm Pycnogenol - 10meg Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Yohimbé (Prescription only) - 2gm	Honey Products: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm
Bergamot			Over 70 nutrients - 3/4 litre
Chamomile German			
Chamomile Maroc			
Chamomile Roman			
Cinnamon Leaf			
Clove Bud			
Eucalyptus Globulus			
Fatigue			
Fennel			
Frankincense			
Hyssop			
Juniper			
Lavender			
Lemon Grass			
Mountain Savoury			
Niaouli			
Rose Geranium			
Rosemary			
Tagestes			
Thyme Red			
Ylang Ylang			
		Base Ingredients	Aloe Vera/Amino Acids/Vitamins
			Aloe Vera:
			Over 70 nutrients - 3/4 litre
		Enzymes/Minerals	Amino Acids:
			L- Threonine - 15gm
		Enzymes:	Superoxide Dismutase (S.O.D.) - 15gm
			Vitamin:
			VIT C - 15gm
		Minerals:	VIT E D - Alpha Tocopherol - 10gm
			Calcium Amino Acid Chelate 20% -
			10gm
			Copper Amino Acid Chelate 20% -
			15gm
			Garlic - 5gm
			Inositol 25gm
			Iron Gluconate 12.5% - 10gm
			Mineral Clay Powders - 15gm
			Zinc Amino Acid Chelate 20% -
			5gm
		Spices:	
			Allspice - 10gm
			Asafoetida - 10gm
			Celery Salt - 10gm
			Chilli Powder - 10gm
			Coconut Cream Block - 10gm
			Coriander - 10gm
			Dill Seeds - 10gm
			Fenugreek - 10gm
			Garlic - 10gm
			Horseradish Ribbed - 10gm
			Mace Ground - 10gm
			Flavouring:
			Honey - 20ml
			Indian Brandy - 20ml
			Vanilla - 50gm

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula Q** - 2 capsules 3 times daily over 20 days

Product Formula Q		- 2 capsules 3 times daily over 20 days		
Abrasions, Bruises, Burns, Cuts	Burns			
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring	
Aniseed Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hysop Juniper Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Teastees Thyme Red Ylang Ylang	<p>Herbs: 5:1 Da Huang - 2gm Er Cha - 2gm Jin Yin Hua - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Wu Jia Pi - 2gm</p> <p>Spices: Asafoetida - 10gm Chilli Powder - 10gm Cinnamon - 10gm Coconut Cream Block - 10gm Coriander - 10gm 1:1 Cream of Tartar - 10gm Fennel - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Mace Ground - 10gm</p>	<p>Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm</p> <p>Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm</p> <p>Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p>	<p>Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 1/4 litre</p> <p>Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p>Vitamin: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>	<p>Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm</p>

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula R</b>	<b>- 2 capsules 3 times daily over 20 days + Formula Z - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>		
	<b>Gout</b>	<b>Inflammation, Back Ache, Sprains</b>	<b>Scarcodosis</b>
<b>Arthritis - Osteo</b>			
<b>Arthritis - Rheumatoid</b>			
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Bergamot	Herbs: 5:1 Y/8ml	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera Aloe Vera: Over 70 nutrients - 3/4 litre
Camphor	1/8ml		
Chamomile German	1/8ml		
Chamomile Maroc	1/8ml		
Chamomile Roman	1/8ml		
Cinnamon Leaf	1/8ml		
Clove Buds	1/8ml		
Eucalyptus Globulus	1/8ml		
Fatigue	1/8ml		
Fennel	1/8ml		
Frankincense	1/8ml		
Ginger	1/8ml		
Hyssop	1/8ml		
Juniper	1/8ml		
Lemon Grass	1/8ml		
Mountain Savoury	1/8ml		
Niaouli	1/8ml		
Red Myrtle	1/8ml		
Rose Geranium	1/8ml		
Rosemary	1/8ml		
Tagester	1/8ml		
Thyme Red	1/8ml		
Ylang Ylang	1/8ml		
		<b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm	<b>Amitho Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm
		<b>Minerals:</b> Grapeseed - 15mcg Jin Yin Huo - 2gm Mai Men Dong - 2gm Mao Zhao Cao (Cats Claw) - 2gm Psychogend - 10mcg Salix Alba (White Willow) - 10gm	<b>Vitamins:</b> Calcium Amino Acid Chelate 20% - 10gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm
		<b>Spices:</b> Su Mu - 2gm Wu Jia Pi - 2gm Xian He Cao - 2gm Yan Hu Suo - 2gm Zhi Mu - 2gm	<b>Spices:</b> Asafoetida - 10gm Cardamom - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10gm Laos Powder - 10gm Mace Ground - 10gm Turmeric - 10gm

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

Brandst Formula S1

SPORTS PERFORMANCE & INJURIES

- 2 capsules 3 times daily over 20 days
- + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

## **Internal Body Conditioner Stamina**

## **\*\*Energy Booster Immune Balancing System**

**PRODUCT FORMULA BY AILMENT & ILLNESS****EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES****Product Formula S2****Pre Performance Lotion**  
(per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil
Heat Lotion - 20gm	Aniseed Basil Chamomile Maroc Fennel	1/6ml 1/6ml 1/6ml 1/6ml  Herbs: 5:1 Chi Shao Yao - 2gm Qiang Huo - 2gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## PRODUCT FORMULA BY AILMENT & ILLNESS

EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES

**Direct Internal & Surface Injury** (per 10 applications)

Aloe Vera		Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners	
Aloe Activator - 10ml	Heat Lotion - 20gsm	Aniseed Basil Camphor Eucalyptus Globulus Fennel	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml	Ba Ji Tian - 2gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Zi (Zi Su Zi) - 2gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions Osteopathy - 2 sessions

Horsradish - 10gm

**Cramp Fatigue Lotion** (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Aromatherapy/ Reflexology Application - 2 sessions
Aloe Activator - 10ml Heat Lotion - 20gm	Camphor Rescue Remedy	1/6ml Herbs: 5:1 1/6ml Hu Po - 2gm Huang Lian - 2gm Salix Alba (White Willow) - 10gm 1:1 Cang Huo - 2gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula S6                    EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES****Fatigue Fractures  
(per 10 applications)**

Product Formula S6	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Massage Oil	Practitioners
Aloe Vera Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Eucalyptus Globulus Ginger	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml Herbs: 5:1 Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Spices: Allspice - 10gm Dill Seeds - 10gm	Bee Propolis - 4:1 - 6gm	B6 - 20gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula I** After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*\* Followed by Formula F - Clarissa Balancing System  
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*\*Abuse (short term)  
\*\*Trauma/Shock (short term)

**Single Small Dose**

Flower Remedies	Essential Oils	Herbs/Indian Spices	Base Ingredients
Rescue Remedy - 1ml	1ml	Herbs: 8:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Teng - 2gm Wu Bei Zi - 2gm  Spices: Garlic - 10gm Lacs - 10gm	Aloe Vera Pure - 20ml Honey - 20ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula U		- 2 capsules 3 times daily over 20 days		
Schizophrenia		Herbs/Spices		Base Ingredients
Essential Oils				Aloe Vera/Amino Acids/ Vitamins
Basil	1/8ml	Herbs: 5:1	Honey Products:	Honey - 20ml
Bergamot	1/8ml	Da Huang - 2gm	Aloe Vera:	Indian Brandee - 20ml
Chamomile German	1/8ml	Er Cha - 2gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile Maroc	1/8ml	Hu Huang Lian - 2gm		
Chamomile Roman	1/8ml	Huo Ma Ren - 2gm		
Cinnamon Leaf	1/8ml	Su Mu - 2gm		
Cinnamon Leaf	1/8ml	Wu Jia Pi - 2gm		
Clove Buds	1/8ml	Vegetable Enzymes - 15gm		
Eucalyptus Globulus	1/8ml	Yi Ju Hua - 2gm		
Fennel	1/8ml			Vitamin B:
Frankincense	1/8ml			VIT C - 15gm
Ginger	1/8ml	Spices		VIT E D - Alpha Tocopherol - 10gm
Hyssop	1/8ml	Allspice - 10gm		
Juniper	1/8ml	Asafoetida - 10gm		
Lavender	1/8ml	Caraway Ground - 10gm		
Lemon Grass	1/8ml	Chilli Powder - 10gm		
Mountain Savoury	1/8ml	Coconut Cream Block - 10gm		
Niaouli	1/8ml	Coriander - 10gm		
Rose Geranium	1/8ml	Dill Seeds - 10gm		
Rosemary	1/8ml	Fenugreek - 10gm		
Tagestee	1/8ml	Horseradish Ribbed - 10gm		
Thyme Red	1/8ml	Mace Ground - 10gm		
Ylang Ylang	1/8ml	Mustard Seed Yellow - 10gm		
		Orris Root - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula V****- 2 capsules 3 times daily over 20 days**

\*\* Followed by Formula F - Clarissa Balancing System  
 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

\*\*Abuse (long term)  
 \*\*Bereavement/Loss

**\*\*Trauma/shock (long term)**

Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Bergamot	1/6ml	Herbs: 5:1		
Chamomile German	1/6ml	Chi Shao Yao - 2gm	Royal Jelly - 3:1 - 7gm	Honey - 20ml
Chamomile Maroc	1/6ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Indian Brandee - 20ml
Chamomile Roman	1/6ml	Er Cha - 2gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Cinnamon Leaf	1/6ml	Qiang Huo - 2gm		
Clove Buds	1/6ml	Su Mu - 2gm		
Eucalyptus Globulus	1/6ml	Ting Li Zi - 2gm		
Fennel	1/6ml	Wu Jia Pi - 2gm		
Frankincense	1/6ml	Spices:		
Hyssop	1/6ml	Allspice - 10gm		
Juniper	1/6ml	Asafoetida - 10gm	Calcium Amino Acid Chelate 20% -	VIT C - 15gm
Lemon Grass	1/6ml	Celery Salt - 10gm	10gm	
Mountain Savoury	1/6ml	Chilli Powder - 10gm	Copper Amino Acid Chelate 20% -	VIT E D - Alpha Tocopherol - 10gm
Niaouli	1/6ml	Coconut Cream Block - 10gm	15gm	
Patchouli	1/6ml	Coconut Ground - 10gm		
Rose Geranium	1/6ml	Coriander - 10gm	Garlic - 5gm	
Rosemary	1/6ml	Fenugreek - 10gm	Inositol 25gm	
Thyme Red	1/6ml	Horseradish Ribbled - 10gm	Iron Gluconate 12.5% - 10gm	
Ylang Ylang	1/6ml	Mace Ground - 10gm	Mineral Clay Powders - 15gm	
		Mango Powder - 10gm	Zinc Amino Acid Chelate 20% -	
			5gm	

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula W1****Clarissa Weight Care System****WEIGHT MANAGEMENT****- 2 capsules daily at bedtime over 20 days**

Essential Oils	Herbs/Spices	Base Ingredients		Flavouring	
Bergamot	1/ml	<b>Herbs: 5:1</b> Guo Teng - 2gm Ji Xue Teng - 2gm	<b>Honey Product:</b> Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm	<b>Aloe Vera/Amino Acids/ Vitamins:</b> Aloe Vera: Over 70 nutrients - 3/4 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
		<b>Spices:</b> Carob - 10gm Dill Seeds - 10gm Juniper Berries - 10gm Mixed Spices Sweet - 10gm	<b>Enzymes/Minerals:</b> Vegetable Enzymes - 15gm	<b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm	
			<b>Enzymes:</b> Vegetable Enzymes - 15gm	<b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula W2****Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days**

WEIGHT MANAGEMENT		Base Ingredients		Flavouring
Essential Oils	Herbs/Spices	Aloe Vera/Amino Acids/ Vitamins		Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
Bergamot  1/8ml	<b>Herbs: 5:1</b> Gao Ben - 2gm Sang Ye - 2gm  <b>Spices:</b> Dill Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7 gm Bee Propolis - 4:1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm Soya Isolate - 20gm Soya Protein Isolate - 50gm Whey Protein - 20gm  <b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders 15gm Zinc Amino Acid Chelate 20% - 5gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula W3****WEIGHT MANAGEMENT****Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily****Stale Breath**

		Essential Oils	Herbs/Spices	Flavouring	Other
Bergamot	1/8ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ban Xia 2gm Chan Tiu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Tang - 2gm Horsetail - 5gm (1:1) Lian Zi (Red) - 2gm Mate Leaf - 5gm (1:1) Mao Zhao Cao (Cats Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spirulina - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm	Lemon - 20gm	Citrin - 5gm	<b>Spices:</b> Allspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula W4****WEIGHT MANAGEMENT****- 2 capsules 3 times daily over 20 days**

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Aniseed Chamomile Maroc Grapeseed Juniper	Herbs: 5:1 Dang Gui - 2gm (Dong Quai) Guo Teng - 2gm Qiang Huo - 2gm Tian Nan Xing - 2gm Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Branded - 20ml Vanilla - 50gm

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml Nectar Nutritional Drink 10ml daily	Benzoin Bergamot Chamomile Maroc Cypress Dill Hysop Lavender Patchouli Rose Geranium Sandalwood Ylang Ylang	Herbs: 5:1 Chuan Lian Zi - 2gm Da Zao - 2gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10mg Inositol - 10mg L-Phenylalanine - 10mg	Avocado Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% P.Chiero M. Crasdi 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Wheat Germ Oil 15% Witch Hazel Extract 15%

**SKIN CARE****Product Formula X1****Bodycare Lotion**

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula X2**

**Facecare Lotion**

<b>SKIN CARE</b>					
<b>Facecare Lotion</b>					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Bergamot Fennel Frankincense Hyssop Juniper Lavender Lemon Niaouli Patchouli Pine Rosemary	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Chuan Lian Zi - 2gm Suan Zao Ren - 2gm  Spices: Aniseed - 10gm Cumin - 10gm	Bee Propolis - 4:1 5gm Eury K100 - 10gm Inositol - 10gm L-Phenylaline - 10gm	VIT E - 30gm Grapeseed Oil 15% Purified Water 88% Phenoxyethanol 1% Vegetable Oil 15% Wheatgerm Oil 15%
Nectar Nutritional Drink 10ml daily					

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<b>SKIN CARE</b>					
<b>Product Formula X3</b>					
<b>Haircare Lotion &amp; Restoration</b>					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Creme 1ml	Benzoin Bergamot Chamomile Maroc Eucalyptus Globulus Jojoba Lavender Rose Geranium Rosemary	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Herbs: 5:1 Bo He - 2gm Da Zao - 2gm  Spices: Arrowroot - 10gm Cassia - 10gm	VIT E - 30gm Inositol - 10gm L-Phenylaline - 10gm	Denydol 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 88% Phenoxyethanol 1%
Nectar Nutritional Drink 10ml daily					

PRODUCT FORMULA BY AILMENT & ILLNESSProduct Formula X4Nutriicare Protection Lotion

<u>SKIN CARE</u>					
<u>Product Formula X4</u>		<u>Herbs/Spices</u>		<u>Honey Products</u>	<u>Vitamins/Amino Acids</u>
<u>Aloe Vera</u>	<u>Essential Oils</u>	<u>Herbs: 5:1</u>	<u>Spices:</u>	<u>Bee Propolis - 4:1 - 5gm</u>	<u>Base Formulation</u>
Bee Propolis Creme 1ml	Bergamot Cedarnwood Chamomile Maroc Cypress Fennel Frankincense Nectar Nutritional Drink 10ml daily	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml 1/8ml	Chuan Lian Zi - 2gm Hua Jiao - 2gm  Celer Salt - 10gm	VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylaline - 10gm	Avocado Oil 15% Carrot Oil 15% Cellulose 15% Colloidal Sulphur 5% Emulsifying Ointment 30% Grapeseed Oil 15% P.Chloro M.Cresol 15% Purified Water 69% Phenoxyethanol 1% Sodium Laureth 5% Triethanolamine 10% Wheatgerm Oil 15%

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula X5**

		Suncare Lotion - Pre sunbathing After sun	X5 (i) X5 (ii)
		Essential Oils	Herbs/Spices
Aloe Vera			
X5 (i) Bee Propolis Creme 1ml	Bergamot Chamomile Maroc	1/gml 1/gml	Herbe: 6:1 Cang Er Zi - 2gm Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm

**SKIN CARE**

		Honey Products	Vitamins/Amino Acids	Base Formulation	
X5 (i) Bee Propolis Creme 1ml		Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylaline - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	
X5 (ii) Bee Propolis Creme 1ml	Bergamot Dill Fennel	1/gml 1/gml 1/gml	Herbe: 6:1 Cang Er Zi - 2gm Hua Jiao - 2gm Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm VIT E - 30gm Euxyl K100 - 10gm L-Phenylaline - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula Y1**

**Immune System**

**PET, VETERINARY & EQUINE CARE**

**Nutritional Supplement - Daily dose of 5ml in food**

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Bluds Dill Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tageses Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 1gm Ban Xia - 1gm Boswellia Serrata - 5gm Da Huang - 1gm Er Cha - 1gm Gou Qi Zi (Lycium) - 1gm Grapeseed - 15mcg Mao Zhao Cao (Cats Claw) - 1gm Pycnogenol - 10mcg Salix Alba (White Willow) - 5gm 1:1 Shu Niu Jiao Si - 1gm Su Mu - 1gm Wu Jia Pi - 1gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm
	Enzymes: Co Enzyme Q10 - 10 mcg Vegetable Enzymes 4:1 - 7.5gm	Aloe Vera/Amino Acids/Vitamins <u>Aloe Vera:</u> Over 70 nutrients including all vitamins B1-B16 - ½ litre	
	Minerals: Calcium Amino Acid Chelate 20% - 5gm	<u>Amino Acids:</u> Hesperidin Complex - 7.5gm Histidine - 7.5gm Isoleucine - 7.5gm L-Aspartic Acid - 7.5gm L-Glutamin - 15gm L-Phenylalanine - 7.5gm	
	Copper Amino Acid Chelate 20% - 7.5gm Chromium Niacin - 10mcg Devil's Claw - 7.5gm Garlic - 5gm Inositol 12.5gm Iron Gluconate 12.5% - 5gm Magnesium Amino Acid Chelate - 10gm	L-Lecithin - 7.5gm L-Taurine - 7.5gm L-Theanine - 7.5gm Phosphatidyl Choline - 10gm	
	Spices: Allspice - 10gm Asafoetida - 10gm Chilli Powder - 10gm Cinnamon Sugar - 10gm Coconut Cream Block - 10gm Coriander - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10gm Laos - 10gm Mace Ground - 10gm	Vitamins: Betacorotene Dunaliella Salina Algae 2.5% - 7.5gm Biotin - 5mcg Folic Acid - 15gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm K1 5% - 1gm	
		<b>Nutritional Oils &amp; Fats</b> Cod Liver Powder - 7.5gm Evening Primrose - 15ml Linoleic Acid - 7.5gm Linolenic Acid - 7.5gm Olive Oil - 15ml	

## PRODUCT FORMULA BY AILMENT & ILLNESS

PET VETERINARY & EQUINE CARE

- 6 capsules daily in food over 20 days

Product Formula Y2		PET, VETERINARY & EQUINE CARE			
Intestine System		- 6 capsules daily in food over 20 days			
Essential Oils		Herbs/Spices	Base Ingredients	Aloe Vera/Amino Acids/Vitamins	Flavouring
Aniseed	1/6ml	Herbs: 5:1	Honey Propolis	Aloe Vera - 20ml	
Bergamot	1/6ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Indian Brandee - 20ml	
Camphor	1/6ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm		
Chamomile German	1/6ml	Er Cha - 2gm			
Chamomile Maroc	1/6ml	Salix Alba (White Willow) - 10gm			
Chamomile Roman	1/6ml				
Cinnamon Leaf	1/6ml	Shu Niu Jiao Si - 2gm			
Clove Buds	1/6ml	Su Mu - 2gm			
Eucalyptus Globulus	1/6ml	Wu Jia Pi - 2gm			
Fennel	1/6ml				
Frankincense	1/6ml				
Ginger	1/6ml	Spices:			
Hysop	1/6ml	Asafoetida - 10gm		VIT C - 15gm	
Juniper	1/6ml	Cassia - 10gm		VIT E D - Alpha Tocopherol - 10gm	
Lemon Grass	1/6ml	Chilli Powder - 10gm			
Mountain Savoury	1/6ml	Coconut Cream Block - 10gm			
Niaouli	1/6ml	Coriander - 10gm			
Peppermint	1/6ml	Cream of Tartar - 10gm			
Rose Geranium	1/6ml	Dill Seeds - 10gm			
Rosemary	1/6ml	Fenugreek - 10gm			
Tageses	1/6ml	Horseradish Ribbled - 10gm			
Thyme Red	1/6ml	Mace Ground - 10gm			
Ylang Ylang	1/6ml				

## PRODUCT FORMULA BY AILMENT & ILLNESS

PET VETERINARY & EQUINE CARE

- 6 capsules daily days in food over 20 days

Product Formula Y3		PET, VETERINARY & EQUINE CARE	
Depression		- 6 capsules daily days in food over 20 days	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Claryton Leaf Clove Buds Dill Eucalyptus Globulus Fennel Frankincense Hysop Juniper Lavender Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Su Mu - 2gm Wu Jia Pi - 2gm  Spices: Asafoetida - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm  Spices: Cumin - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10gm Mace Ground - 10gm Nutmeg - 10gm  Spices: Asafoetida - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm  Spices: Cumin - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10gm Mace Ground - 10gm Nutmeg - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4: 1 - 5gm  Enzymes/Minerals Enzymes: Vegetable Enzymes - 15gm  Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Honey - 20ml Indian Brande - 20ml Vanilla - 50gm  Aloe Vera: Over 70 nutrients - ¾ litre  Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  Vitamin: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm

## **PRODUCT FORMULA BY AILMENT & ILLNESS**

PET VETERINARY & EQUINE CARE

- 6 capsules daily ln food over 20 days

Product Formula Y4	Viral Antidote	PET, VETERINARY & EQUINE CARE			
- 6 capsules daily in food over 20 days					
	Essential Oils	Herbs/Spices	Base Ingredients	Flavouring	
Basil	1/8ml	Honey: 5:1	Honey Product	Aloe Vera/Amino Acids/Vitamins	Honey - 20ml
Bergamot	1/8ml	Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera:	Indian Brandee - 20ml
Camphor	1/8ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile German	1/8ml	Er Cha - 2gm			
Chamomile Maroc	1/8ml	Mao Zhao Cao (Cats Claw) - 2gm			
Chamomile Roman	1/8ml	Saxif Alba (White Willow) - 10gm			
Cinnamon Leaf	1:1				
Clove Buds	1/8ml	Shiu Niu Jiao Si - 2gm			
Eucalyptus Globulus	1/8ml	Su Mu - 2gm			
Fennel	1/8ml	Wu Ja Pi - 2gm			
Frankincense	1/8ml	Zhi Zi - 2gm			
Ginger	1/8ml				
Hipssop	1/8ml	Spices:			
Juniper	1/8ml	Allspice - 10gm			
Lemon Grass	1/8ml	Asafoetida - 10gm			
Mountain Savoury	1/8ml	Celery Salt - 10gm			
Niaouli	1/8ml	Chilli Powder - 10gm			
Peppermint	1/8ml	Coconut Cream Block - 10gm			
Rose Geranium	1/8ml	Coriander - 10gm			
Rosemary	1/8ml	Cream of Tartar - 10gm			
Tagesies	1/8ml	Fenugreek - 10gm			
Thyme Red	1/8ml	Horseradish Ribbled - 10gm			
Yiang Yiang	1/8ml	Mace Ground - 10gm			
		Mixed Spices Sweet - 10gm			

## PRODUCT FORMULA BY AILMENT & ILLNESS

**Product Formula Z - CRA** - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum / days apart)

Clarissa Recovery Remedy

**1.7. GDB**      2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Clarissa Recovery Remedy

Irritable Bowel Organophosphate Disease (OP's)	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aniseed Basil Bergamot Carrot	1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Bal He - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Huo Ma Ren - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula Z - CRC2**

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

**Clarissa Recovery Remedy**

**Influenza**

Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Basil	1/8ml	Herbs: 5:1 Bo He - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Da Zao - 2gm Lian Zi - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Bergamot	1/8ml			
Eucalyptus Globulus	1/8ml			
Jojoba	1/8ml			
		<b>Spices:</b> Anise Star -10gm Fennel - 10gm		

**Product Formula Z - CRJ**

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

**Clarissa Recovery Remedy**

**Alzheimer's Disease**

**Battier's Disease**

**Senile Dementia**

Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Basil	1/8ml	Herbs: 5:1 Bai Gou - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Dan Shen - 2gm Gao Ben - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Carrot	1/8ml			
Eucalyptus Globulus	1/8ml			
		<b>Spices:</b> Anise Star -10gm Coriander - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRM		- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)		
Anaemia Motor Neurone Disease	M.E. M.S.	Clarissa Recovery Remedy	Muscular Dystrophy Thyroid Gland (Over & under active)	
Essential Oils	Herbs/Spices		Base Ingredients	Carrier Oils
Basil Bergamot Eucalyptus Globulus Juniper	1/gml 1/gml 1/gml 1/gml Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Shu Di Huang - 2gm Ting Li Zi - 2gm Ye Tu Hua - 2gm  Spices: Anise Star -10gm Ginger - 10gm		Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRN

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## NUTRITIONAL BOOST

- 2 sessions Reflexology (minimum 2 hours apart maximum 7 days apart

Clarissa Recovery Remedy

Acne Aids	Anorexia Bulimia	Cancer	Hepatitis	Sports - Energy booster & stamina
Essential Oils	Herbs/Spices	Base Ingredients	Leukaemia	Massage Oils
Black Pepper Chamomile Roman Eucalyptus Globulus Fatigue Juniper Peppermint Tagesies	Herbs: 6: 1/6ml Bal Guo Ye (Ginkgo) -2gm Bal Ji Tian - 2gm Che Qian Zi - 2gm Dang Shen - 2gm Fu Pen Zi - 2gm He Zi - 2gm Xing Ren - 2gm  Spices: Arrowroot - 10gm Ginger - 10gm Laos - 10gm Turmeric - 10gm	Honey Products Honey - 20ml Royal Jelly - 2gm Bee Propolis - 3gm	Aloe Vera: Aloe Vera: Over 70 nutrients - 40ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
			Amino Acids: Histidine - 3gm L-Phenylalanine - 3gm L- Threonine - 3gm	
			Enzymes/Minerals: Enzymes: Co Enzyme Q10 - 2mcg	
			Minerals: Calcium Amino Acid Chelate 20% - 2gm Inositol - 4gm Iron Gluconate 12.5% - 2gm Zinc Amino Acid Chelate 20% - 1gm	Vitamins: Beta carotene Dunaliella Salina Algae - 3gm Biotin - 1mcg VIT C - 3gm VIT E D - Alpha Tocopherol - 2gm K1 - 300mg
				Nutritional Oils: Evening Primrose - 5ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRR

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Claressa Recovery Remedy

**Arthritis - Rheumatoid  
Osteoporosis**

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Bergamot Eucalyptus Globulus Juniper Niauli	1/8ml 1/8ml 1/8ml 1/8ml 1/8ml  Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chuan Lian Zi - 2gm Huo Ma Ren - 2gm Ou Jie - 2gm Shu Di Huang - 2gm  Spices: Anise Star -10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula Z - CRS3

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Claressa Recovery Remedy

**Maintenance Recovery Massage**

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Bergamot Dill Eucalyptus Globulus	1/8ml 1/8ml 1/8ml 1/8ml  Herbs: 5:1 Bai Dou Kou - 2gm Chen Xiang - 2gm Dan Shen - 2gm Ji Xue Feng - 2gm Shu Di Huang - 2gm  Spices: Anise Star -10gm Cinnamon - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS****Product Formula Z - CRZ****Recovery & Toning Bath Oil (20 applications)**

<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Carrier Oils</b>
Bergamot Lavender Rosemary	<p>Herbs: 5:1</p> <p>1/gm Cang Er Zi - 1gm 1/gm Chen Xiang - 1gm 1/gm Da Huang - 1gm Shu Di Huang - 1gm Ting Li Zi -1gm</p> <p>Spices: Anise Star-1gm</p>	Grapeseed Oil - 40ml Avocado Oil - 40ml Water - 160ml

**CLAIMS**

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: *Acacia Catechu*, *Acanthopanax Gracilistylus*, *Caesalpinia Sappan* and *Epimedium Spinosa*.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: *asapoetidia*, *coconut*, *coriander*, *fenugreek* and *horseradish*.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savoury, niaouli, red thyme, rosemary, rose  
geranium, tagestes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,  
Caesalpinia Sappan and Epimedium Spinosa.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and  
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.

7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.